



## Read a Book from the Healthy Schools Act Booklist

Growing Healthy Schools Month is the perfect time to engage students and the school community with books from the **Healthy Schools Act Booklist**. There is a natural link between food and nutrition, physical activity, the environment, and reading. Children are particularly interested in stories that describe or depict things that are connected to their own everyday lives such as food, eating, gardening, grocery shopping, cooking, being active with friends, recycling, and composting. Reading books that focus on preparing and eating healthy foods, buying local produce, setting up a backyard or school garden, or being physically active can motivate children to adopt positive food and physical activity behaviors and reduce their carbon footprint for a lifetime, helping to pave the way for student success in the classroom and in the world! Below are some recommendations on ways to use the list:

ACTIVITY/ PROJECT	SUPPORTING RESOURCES
Have a read-aloud	Research suggests that read-aloud language arts sessions improve topic motivation, engagement, and comprehension in children. The <b>Read for Health Curriculum</b> developed by the University of Maryland Extension, Food Supplement Nutrition Education Program can help meet your goals of nutrition education and language arts development. Invite parents, your principal, the school librarian or other engaged community stakeholders to read a book from the HSA booklist aloud to your class.

Suggested books that are recommended for a read-aloud event:

- April Showers
- Bones
- Brave Potatoes
- Bread and Jam for Frances
- Cloudy with a Chance of Meatballs
- Cook-A-Doodle-Do
- The Enormous Carrot
- The Enormous Potato
- The Giant Carrot
- Good Morning, Let's Eat
- I Can Move
- I'm a Seed
- Let's Get Rhythm
- Loaves of Fun
- My Two Hands/My Two Feet
- Pancakes, Pancakes!
- To Market, to Market
- What You Never Knew About Fingers, Forks, & Chopsticks

If you would like assistance planning or implementing a HSA Booklist read-aloud, please contact Laura Hansen; nutrition education specialist at the DC Office of the State Superintendent of Education by emailing [laura.hansen@dc.gov](mailto:laura.hansen@dc.gov) or visiting <http://osse.dc.gov/hsabooklist>

